

## Sai Vibrionics Newsletter

<http://www.vibrionics.org>

"Whenever you see a sick person, a dispirited, disconsolate or diseased person, there is your field of seva."  
...Sri Sathya Sai Baba

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### ☞From the Desk of Dr Jit K Aggarwal☞

Dear Practitioners

Sai Ram from Prashanti Nilayam! The New Year started off on a beautiful note and once again we have some wonderful vibro news to relate. As you may be aware, every year we present our annual report giving the number of practitioners trained, patients treated and hours of seva done with Vibrionics to Swami. On January 19th this year, Swami took the report in His hands, went through the pages slowly and with a lovely smile said, "Very happy with the work". Isn't that the perfect New Year's gift – an affirmation of our work directly from our Lord. This in itself provides us all with a big incentive to keep doing Swami's work with renewed fervour knowing that He not only blesses this seva but is 'happy' with it.

On the individual level, we have heard of wonderful things happening. One practitioner <sup>2792</sup> here in Puttaparthi brought to us his 108CC box. As you can see from the pictures on the last page, vibhuti materialised around each bottle in his box of remedies soon after he got it. Another practitioner in London <sup>0298</sup> reported that vibhuti appears on every single remedy he makes or on the patient's record sheet. It is amazing how Swami works and how He shows us His support and omniscience in so many ways!

Another interesting development is that just one month after the first workshop for Assistant Vibro Practitioners in the state of Kerala in India, the new practitioners have launched their own newsletter. We congratulate them on this excellent initiative and hope this works as an inspiration to others to perhaps come up with their own ideas to make Vibrionics a collective seva in their respective state or country.

Please note that our old website address [www.sairam.freeuk.com](http://www.sairam.freeuk.com) no longer exists and our new URL is [www.vibrionics.org](http://www.vibrionics.org). We are currently in the process of updating and giving the website a new look. An announcement will be made as soon as we have completed this work which we hope to do within the next 2 months.

Last but not the least, a reminder – please note that we are not doctors or healers by any account. We are practitioners of Vibrionics, instruments in the hands of Swami. He is the only true Doctor, the one who heals.

Keep those emails coming in and keep up the good work – it makes our Lord very happy!

In loving service to Sai

Jit Aggarwal

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## Case Histories Using Common Combos

### 1. Plantar Fasciitis <sup>1205.....India</sup>

A 52 year-old woman had been suffering from an inflamed heel for 8 months. Her doctor had been treating her with medicines which neither reduced the pain nor cured the condition. She was advised to have a series of injections in the bone of both heels which, though painful, would possibly cure the condition. She refused this treatment and approached a Vibrionics practitioner instead. She mentioned to the practitioner that she had also suffered from sciatica a year back. Considering her age, the practitioner decided to treat her for osteoporosis also. The following combo was given to the patient:

**CC3.7 Circulation + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & supportive tissues + CC20.5 Spine + CC20.6 Osteoporosis...QDS**

In one month's time, the patient completely recovered and could walk comfortably without any pain. The practitioner advised her to continue taking the medicine for another month TDS. Since then the problem has not recurred.

*Although this is a successful result, at first it would have been better to have given only the combo for the heel inflammation and treat the possible osteoporosis or return of sciatica if and when they appeared.*

### 2. Scarlet Fever <sup>2680.....Japan</sup>

An 18 month-old baby boy had a very high fever for a week, would not eat or drink anything, not even water, and vomited everything except mother's milk. He cried constantly and was unable to sleep. He had a rash throughout his body and even in his mouth. He also had diarrhoea. His condition was diagnosed as Scarlet Fever and with this very serious condition the mother did not want to give him allopathic medicine. The following Vibrionics remedies were given:

**NM2 Blood + NM18 General Fever + NM26 Penmycin + NM36 War + NM80 Gastro + NM86 Immunity + SM41 Uplift + SR316 Streptococcus...every 10 minutes for 3 hours, then 6TD and TDS on improvement**

After the very first dose, the boy could drink water without vomiting. In one day, there was further improvement and in 3 days, his temperature came down to normal. But 8 days later, his face, hands and feet became very swollen so the following remedies were included in the above combo:

**NM21 KBS + OM15 Kidneys**

After 5 days the baby started walking again (he had not walked for 10 days) and eating normally. After 3 weeks all symptoms had gone and although he has lost a little weight, his health is now excellent and skin is even clearer than before he became sick.

*In this successful healing, a Vibrionics Healing Potentiser was used to make the above combos but if the 108 Common Combos box had been available, then CC9.4 Scarlet Fever + CC13.1 Kidney would have been equally successful.*

### 3. Congenital Heart Disease <sup>2640.....India</sup>

A 6-month old baby girl with congenital heart disease was brought to a Vibro practitioner. On examination, the practitioner, an allopathic doctor by profession, confirmed that the baby had heart murmurs. The baby should have been hospitalised but as the parents could not afford the high cost of surgery, the Vibrionics practitioner started the girl on:

**CC3.1 Heart Tonic + CC3.4 Heart Emergencies + CC12.2 Children Tonic**

This was made in water and administered to the infant four times a day for the first few weeks. After that the mother was given the combos in pills and asked to dissolve two pills in water and give them to the baby TDS. This treatment continued for one and a half years.

The paediatric cardiologist who examined the two year-old little girl was astonished to see that the 2D-echo and other reports showed absolutely no sign of congenital heart disease. With Swami's grace the infant is now perfectly healthy without having to undergo an operation.

#### 4. Injured Cat <sup>2494....Italy</sup>

A four year-old female cat was severely hit and found to have a slight fracture in her right rib. She was traumatised, was in a state of extreme fear and in tremendous pain from this nasty injury. As the owner did not want to give her any allopathic medicines, she was immediately started on the following vibrionics combo:

**NM20 Injury + NM3 Bone I + SR271 Arnica (30C) + NM95 Rescue**

The combo was administered in water, one dose every 10 minutes for one hour, followed by 6TD for 3 days and TDS thereafter.

The practitioner estimated the improvement in pain to be 50% after only one day and the cat appeared to be much calmer too. The practitioner has reported that there was 100% recovery after 3 days as the cat was running and jumping about as she did normally before her accident.

*In this successful healing in an animal, a Vibrionics Healing Potentiser was used to make the above combo. If the 108 Common Combos box had been available, then **CC10.1 Emergencies** to treat the cat for her injuries and shock would have worked equally well.*

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#### 5. PCOD (PolyCystic Ovarian Disease) <sup>India...00728A</sup>

A 42 year-old woman was suffering from heavy bleeding and severe pain during menses, irregular periods, and multiple cysts on both ovaries. She was started on the following Vibrionics combo:

**CC8.7 Menses Painful + CC20.6 Osteoporosis...TDS**

A month later, her menses were normal and painless. However, the ultra-sound report showed an enlarged right ovary with a haemorrhagic cyst. The doctor advised surgery. Instead of going in for an operation, she came back to the Vibrionics practitioner for further treatment. She was given:

**CC8.4 Ovaries + CC20.6 Osteoporosis ...TDS**

Ten days later, the ultra-sound report showed that both ovaries were normal with no cysts. The patient is very grateful to Swami for answering her prayers through the medium of Vibrionics.

*Note: When practitioners have cases that are of particular merit and they want those cases to be considered for publication in the newsletter as inspiration to others, it is important that each case be fully reported; giving age and gender of the patient, length of illness or condition, combos used, amount of time taken for healing and any other relevant information that would be of interest.*

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### ❧The Answer Corner❧

**Question:** *How do I remove chemicals or sprays from the fruits and vegetables I eat?*

**Answer:** Always try to eat fresh organic fruits and vegetables and if possible from your own garden. If not and you suspect that these are sprayed then use the following procedure. Take one tablespoon full of salt and two of vinegar and dissolve them in a bowl, half full of water. Soak vegetables and fruits in it for twenty minutes, this causes leaching out of pesticides and insecticides. Then wash them thoroughly in fresh water to remove any stuck residue.

**Question:** *Can I call myself a doctor of vibration medicine or Vibrionics?*

**Answer:** No, you are not to represent yourself as a doctor or a healer. You are a practitioner or provider of Vibrionics, an instrument in the hands of Swami. He is the only true healer and doctor. A medical doctor needs training in order to work with controlled and sometimes poisonous substances. It is not necessary to have prior medical knowledge to administer Vibrionics remedies. You are not charging money or asking favours for any remedies. The vibrations are given as a service, with prayer and love. You are not giving any actual substance in a remedy. The remedy is vibrational energy in sugar pills or water. If you want to make sure that the pills are not misunderstood as actual allopathic prescription medicine, you can write "sugar pills only" on the label of the bottle.

**Question:** *My patient is responding very well to the vibro and wants to stop taking her allopathic medicine. How do I help her?*

**Answer:** Do not tell the patient to stop her allopathic prescription medicine. Just tell her that since she feels better, she should speak to her doctor. It is the patient's or her/his doctor's responsibility to reduce the allopathic medication.

**Question:** *A patient's adult son is addicted to alcohol and tobacco and the patient wants me to give her Vibro to give to her son. From your experience, will this work?*

**Answer:** No. In the case of patients with an addiction to tobacco, alcohol or drugs, you should ensure that the patient approaches you directly and requests treatment. Also, make sure that the patient has definitely made his/her mind up and is keen to drop the habit. Only then give the remedy to the patient. Remember that in such cases, the patient's positive and strong mental attitude is needed because it is important for healing to take place.

Do you have a question for Dr. Aggarwal? Send it to him at [news@vibrionics.org](mailto:news@vibrionics.org)

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## ❧Health Tips❧

### ***Cinnamon Promotes Weight Control and Blood Sugar Control***

Studies have shown that cinnamon, the common kitchen spice frequently sprinkled on breakfast oatmeal and included in sweet potato pie, lowers blood glucose levels. Along with the benefits that it brings to this area, additional testing and folklore say that cinnamon also has fat-burning properties that will aid in weight loss. Cinnamon use dates back to ancient history and is well respected across cultures.

Published in 2003 in the journal, *Diabetes Care*, a study concluded that in people with Type 2 diabetes, consuming daily low levels of cinnamon, that is between 1 to 6 grams (or approximately 1 to 2 teaspoons), reduced blood sugar levels. How cinnamon effects this result is still to be determined but the study also showed that the results lasted in the individuals even as long as twenty days after ceasing to use cinnamon. In 2009, a Scandinavian study showed that in healthy individuals 3 grams of cinnamon per day lowered blood sugar levels after eating a meal.

Higher insulin levels lead to less use of excess blood sugar (and sugar is stored in the body as fat), so a reduction in insulin after a meal is significant. If cinnamon can help control the level of blood sugar and, by offshoot, fat levels, then that is corroboration of what some have said regarding its weight loss potential.

Regarded as even more precious than gold in the Middle Ages, cinnamon was so highly prized that the Dutch-Portuguese war of the 17th century was fought, in part, to control the nation of Ceylon, now the country of Sri Lanka, for its abundant and sweet variety of cinnamon grown there. Ceylon cinnamon or "real cinnamon" still carries its ancient name today. Cassia cinnamon is another main variety. It is not as highly prized but it is certainly more commonly used and easier to obtain than "real cinnamon," which is more expensive. Both Ceylon and cassia are ancient. Cassia is mentioned in the Bible to Moses in a command of ingredients to mix for anointing oil. The Egyptians used cinnamon in the embalming process and as food flavouring.

Cinnamon grows in many varieties all with varying flavours of sweetness and boldness. It has been used for its antiseptic properties to cure athlete's foot, has been inhaled to improve memory, and has been used as a tea to soothe stomach ailments and indigestion. It should be noted that cinnamon also creates excess heat when it is ingested. The body will then counter this heat by creating heat of its own to balance homeostasis in a process called *thermogenics*. During this process fat is burned.

One of the most pleasant spices to use, cinnamon can enhance the flavour of a variety of foods: teas, pies, cakes, ice creams, soups, dumplings, curries. Important to note, you can inhale your cinnamon choice to test it. A pungent and sweet aroma will indicate its freshness. However, if the flavour is not somewhat bitter or if it is very easy on the tongue, throw it out because this means it is weak and will not yield desired weight-regulation results. Mixing cinnamon with other foods is what helps to bring out its aroma, so freshness is important in preventing the spice from being overpowered by other ingredients.

Overuse of cinnamon has not, so far, shown any lasting harmful effects. However, contraindication advice from a physician is necessary for those already on a diabetic or cholesterol medication protocol. Otherwise, cinnamon has tested to be a viable alternative weight loss aid and aid in blood sugar control.

...Sources: [NaturalNews.com](http://NaturalNews.com) and <http://care.diabetesjournals.org>

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## Eight Signs and Symptoms of Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is a serious autoimmune disease that attacks the joints and other body parts. But RA can be tough to diagnose. Symptoms can mimic other illnesses, or they may flare, and then fade, only to flare again somewhere else. Lab tests are not perfect - you can test negative for RA factor and still have it. And X-rays don't show signs until later on.

Here are eight tricky rheumatoid arthritis symptoms and hints that they're due to RA and not some other condition.

**Hard to heal injuries:** It's possible to think you have an injury, such as a sprained ankle that doesn't seem to heal when the symptoms are actually due to RA. This is more common in younger people, says Lisa A. Mandl, MD, MPH, assistant attending rheumatologist at Hospital for Special Surgery in New York City. One day a patient is playing soccer and the next day her knee is swollen, she says. "I have seen people who have had two arthroscopic surgeries and extensive physical therapy in their knee and they have rheumatoid arthritis."

**Numbness or tingling in the hands:** One symptom of rheumatoid arthritis is carpal tunnel syndrome, which is marked by tingling in the wrist and hands. Dr. Mandl says the sensation is similar to the feeling you get when you hit your funny bone. What happens is that the swelling in the arm compresses the nerves going into the hands. The sensation is often worse at night. If you go to a doctor with these symptoms and don't have (or tell him about) other RA symptoms, you may be diagnosed only with carpal tunnel syndrome.

**Foot trouble:** One area in which people often have RA-related pain or inflammation is the forefoot. Women often stop wearing heels and head to a podiatrist due to the pain. Some people with RA may also develop pain in the heel because of plantar fasciitis, a common foot disorder caused by swelling of the tissue at the bottom of the foot, near the heel.

**Eye problems:** People with RA are also at risk for Sjogren's syndrome, an autoimmune disorder that can cause dryness of the eyes, mouth, nose, throat, or skin due to inflammation that stops glands from releasing moisture, says Dr. Mandl. This can happen even in the early stages of RA, but it's unlikely to be the only symptom. Most people with dry eyes head to an eye doctor to find out the cause, but Dr. Mandl recommends telling your doctor-even an eye doctor or other specialist-about additional symptoms you're having in any part of the body.

**Pairs of achy joints:** One of the most predominant symptoms of rheumatoid arthritis is pain in the joints. People often think their pain is due to overexertion or osteoarthritis, the type of arthritis common in old age. This ache can also be misdiagnosed as fibromyalgia or chronic fatigue syndrome (fatigue is another symptom of RA). RA joint pain is not fleeting; it usually lasts longer than a week. It can also be symmetrical, meaning *both* hands, feet, knees, and ankles will be affected at the same time.

**Morning stiffness:** Another characteristic of rheumatoid arthritis is stiffness in the joints in the morning. Again, this is also a common problem in osteoarthritis, which can cause pain after long periods of inactivity, like sleeping. The difference between the two is that osteoarthritis pain usually subsides in about a half hour. Stiffness from rheumatoid arthritis will last much longer, possibly for a good chunk of the day. The right kind of exercise can help alleviate stiffness for people with RA and osteoarthritis pain.

**Locked joints:** People with RA can sometimes experience locked joints, particularly in the knees and elbows. This happens because there's so much swelling of the tendons around the joint, the joint cannot bend. It can lead to cysts behind the knee that can puff out and inhibit motion. The symptom can be mistaken for a meniscus tear, a knee joint injury that's common in sports, and which can also lead to cysts.

**Nodules:** These are firm lumps that grow under the skin near the affected joints. They often appear at the back of the elbows, and sometimes people get them in the eyes. They're more common in people who have advanced rheumatoid arthritis, but occasionally show up earlier, says Dr. Mandl. The nodules can at times mimic gout, another form of arthritis.

...Source: [Health.com](http://Health.com)



## ☸Divine Words from the Healer of Healers☸

*"Be a servant, a servant of God - then all strength and joy will be added unto you. Try to be as a master and you will arouse envy, hatred, anger and greed in every one around you. Feel that you are an instrument in His Hand. Let Him shape you and use you as He Knows Best."*

...Sathya Sai Baba

*"Consider Seva as the best Sadhana (spiritual discipline). This is a great chance that you have secured. Your work among these large gatherings is more beneficial for your spiritual development than days of Japam or Dhyanam. But do not believe that you can by means of Seva re-form or re-shape the world. You may or you may not. That does not matter. The real value of Seva, its most visible result, is that it reforms you, reshapes you. Do Seva as a Sadhana; then you will be humble and happy. Do not strut about that you are improving others, improve yourself."*

...Sathya Sai Baba

*"People do not understand the ways of God. How can they know why a particular event takes place at a particular time in a particular manner? He alone can know. But people try to sit in judgement and talk ill, when for example, someone dies of illness at this place! (Prashanti Nilayam). How can anyone escape death? Even Avatars cast off their physical form when the task for which they have come is over. It is the height of foolishness to lose faith in God when someone you cared for dies."*

...Sathya Sai Baba

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## ☸Announcements☸

### Forthcoming workshops

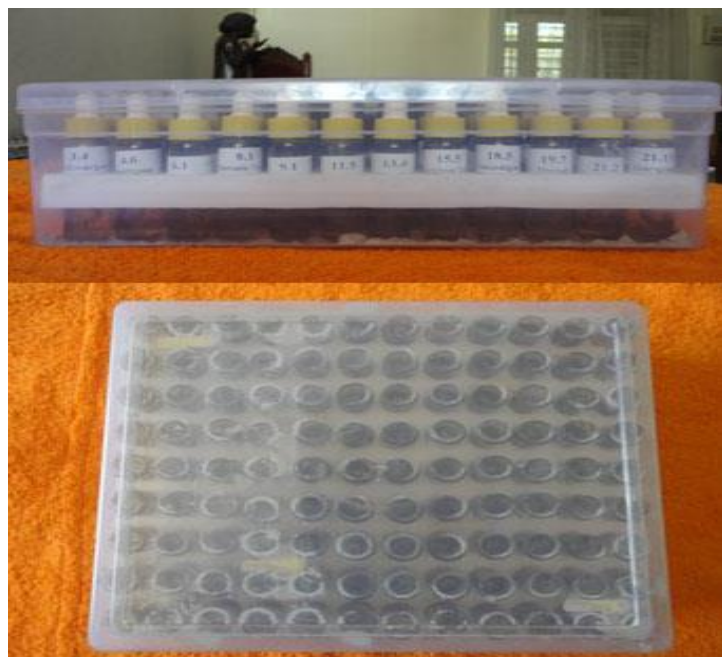
**India:** 8 to 10 April 2011, **Gujarat**, the 23rd workshop for Assistant Vibro Practitioners AVPs and 12th workshop for Junior Vibro Practitioners JVPs.

24-26 June 2011 in **Delhi**, first workshop for AVPs. Contact your local Samiti Convenor.

**Italy:** 8-10 April 2011 in **Oriago** near Venice, first workshop in Italy. Contact Fabio Previati by email at [previati.fabio@gmail.com](mailto:previati.fabio@gmail.com).

**Poland:** 14-15 May in **Opole** - Workshop for Assistant Vibro Practitioners and JVPs.

12-13 November in **Wroclaw** - Refresher workshop for all JVPs and full Vibro Practitioners and will cover a review of interesting cases. Contact Dariusz Hebisz by email at [d\\_hebisz@hdp.com.pl](mailto:d_hebisz@hdp.com.pl).



Note the materialized vibhuti in the bottom of the box and around the base of each bottle.

ATTENTION: If your email address changes in the future, please inform us at [news@vibrionics.org](mailto:news@vibrionics.org) as soon as possible. Please share this information with other vibro practitioners who are not aware of this new email service. Thank you for your cooperation.

Visit our website at [www.vibrionics.org](http://www.vibrionics.org)

**Jai Sai Ram!**

*Sai Vibrionics...* towards excellence in affordable medicare - free to patients